

# Health indicators in practice

Anspruch  
pflegen.

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# Dealing with pain in nursing facilities

- The number of pain patients is increasing. Studies show that over half of all nursing home residents suffer from pain.
- Care homes and nursing services therefore need instruments to capture pain and to derive the necessary actions from it.
- The nursing facilities in Germany are bound to have a quality management which gets reviewed once a year by authorised representatives of the health insurances.
- Part of the quality management is to proof that the nursing facilities are following the newest care standards („expert-standards“).
- The standards are developed by professionals and the focus lays on different care issues. The expert-standards are guidelines of actions.

# Dealing with pain in nursing facilities

- There are two expert-standards which are focused on pain.
- In the past it only has been one standard. However the experts divided the standard by differentiation between the acute and chronic pain.
- Specialists criticize the separation of standards as every pain is acute and has to be coped with.
- The standards provide a basis and must be adapted to the realities of the health care facility and its patients.
- Especially patients with cognitive restrictions, e.g. patients with dementia, are often unable to verbally express their pain, so that specific pain scales have to be used to survey their painlevel (based on the observation of the patient).

# Dealing with pain in nursing facilities

- bpa offers its members an advanced training.
- Nurses can be trained as „pain agent“. The training takes six days and the nurses get qualified in pain management, strategies, communication, legal regulations and assess and documentary methods. The training also emphasises pain management for people with dementia and the guidance and instruction of the relatives.
- The „pain agents“ help to improve the awareness of the special needs of dementia patients with pain in the care homes or nursing services.
- The training is voluntary and has to be financed by the nursing facilities.

# Necessary developments – tasks of politics

- Pain must be recognized as an independent disease.
- Pain management has to be a part of the services of nursing homes with a separate time quota.
- Instead of more regulations, bureaucracy and paperwork more time and non-pharmalogical interventions are needed.
- Interdisciplinary cooperation must be encouraged.
- The biggest challenge is to find enough employees and new solutions of dividing the work between the professions. In 2030 Germany will have a need of 330.000 additional nurses!
- Task of politics is to create the appropriate conditions so that all patients have the same access to pain treatment and pain therapy.

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**Thank you for your  
attention!**

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